



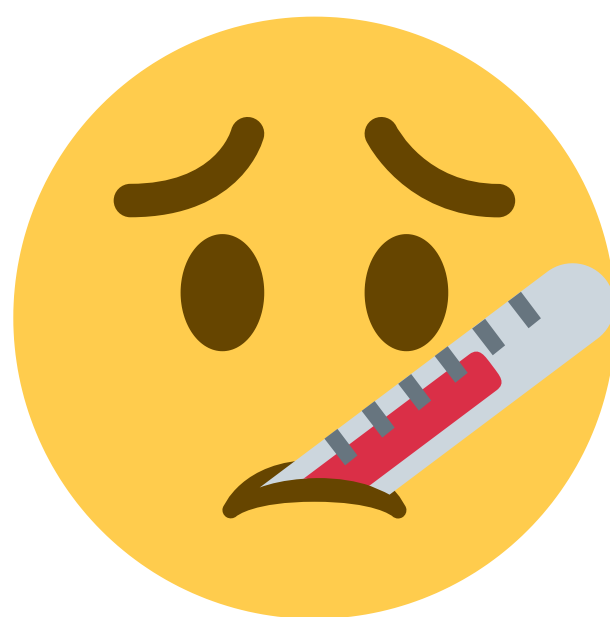
FOOD ALLERGIES



What is a food allergy?


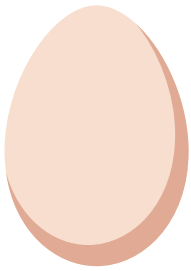

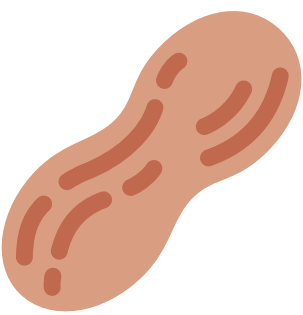
A food allergy is when the body reacts strangely to certain foods.

The symptoms of a food allergy are usually mild, but they can also be very serious.



Allergens

There are 14 main Allergens:

- Celery
- Cereals containing gluten (such as barley and oats) 
- Crustaceans (such as prawn, crab and lobster)
- Eggs 
- Fish
- Lupin
- Milk 
- Molluscs (such as mussels and oysters)
- Mustard
- Peanuts 
- Sesame
- Soybeans
- Sulphur dioxide
- Sulphites

The top of the page is decorated with a pattern of small, colorful triangles in shades of green and maroon, scattered across the white background.

Allergens in my Kitchen

Look in your kitchen and find
different foods with the following
allergens

Celery

Cereals containing
gluten

Crustaceans

Eggs

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Allergens in my Kitchen

Look in your kitchen and find
different foods with the following
allergens

Fish

Lupin

Milk

Molluscs

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Allergens in my Kitchen

Look in your kitchen and find
different foods with the following
allergens

Mustard

Peanuts

Sesame

Soybeans

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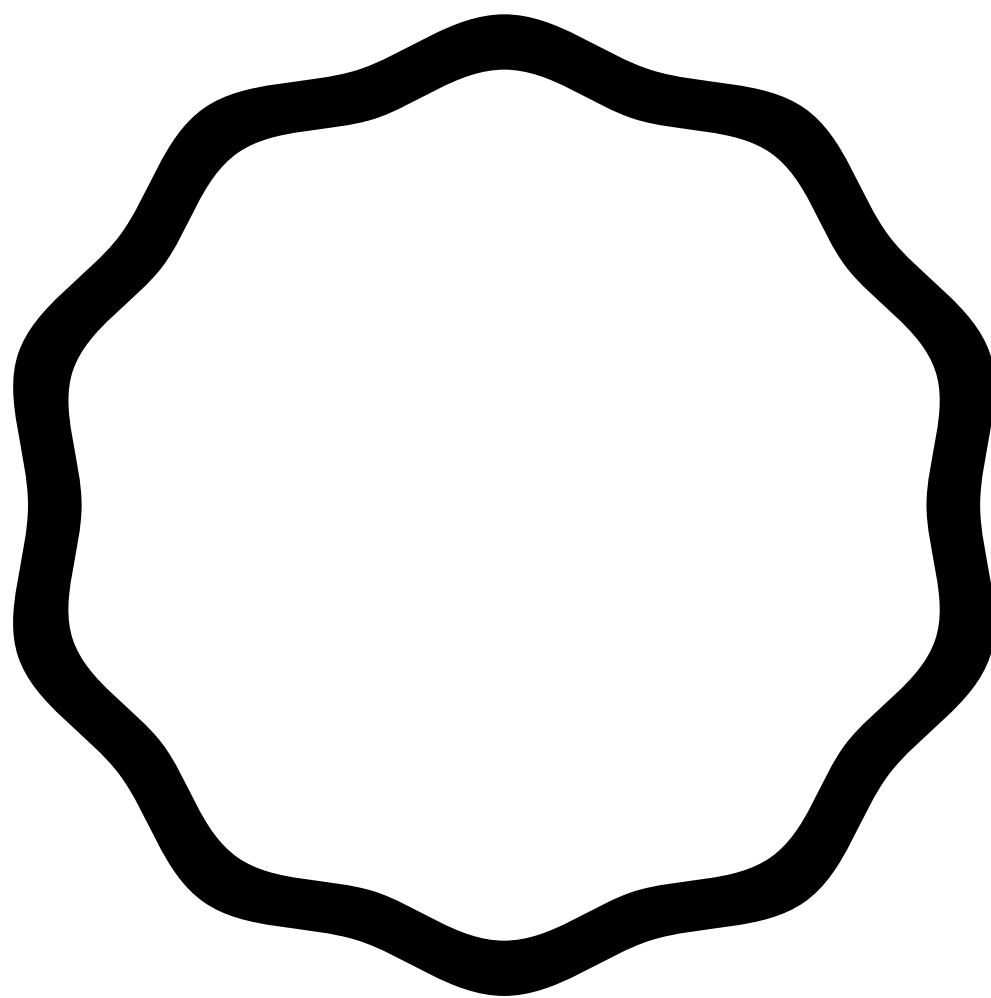
Allergens in my Kitchen

Look in your kitchen and find
different foods with the following
allergens

Sulphur Dioxide

Sulphites

How many different foods did you find
containing Allergens?





Dealing with Allergens at college

Once you've finished cooking your food, what must you write on the label?

.....

.....

Why do we use different coloured boards for different foods?

.....

.....

If a customer asks you if a meal contains allergens and you don't know, what should you do?

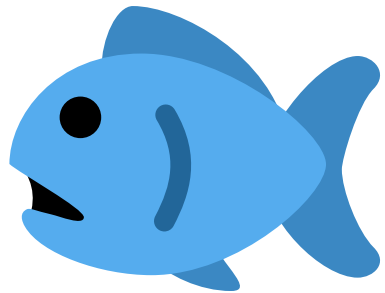
a) Guess

b) Ask the cooks

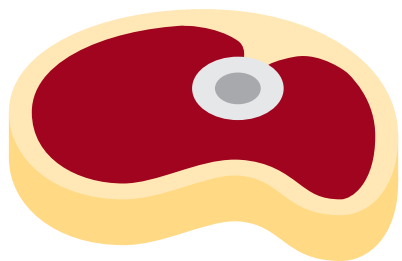
c) Ask the customer to leave

Dealing with Allergens at college

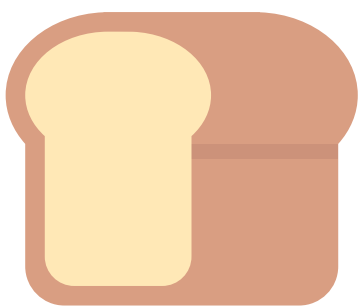
Match the food to the correct board



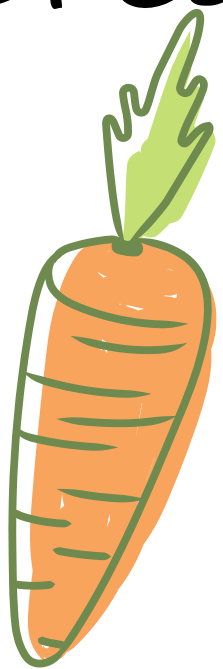
Fish



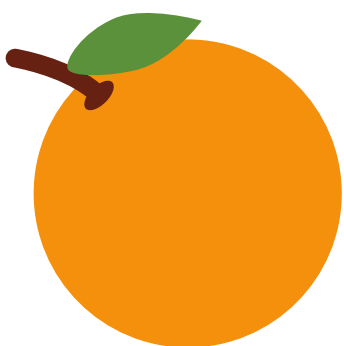
Raw steak



Bread



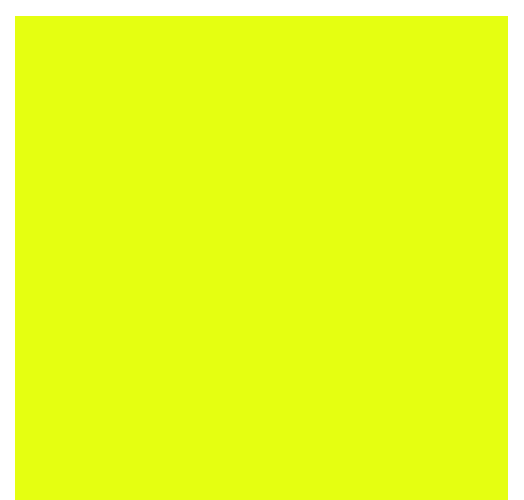
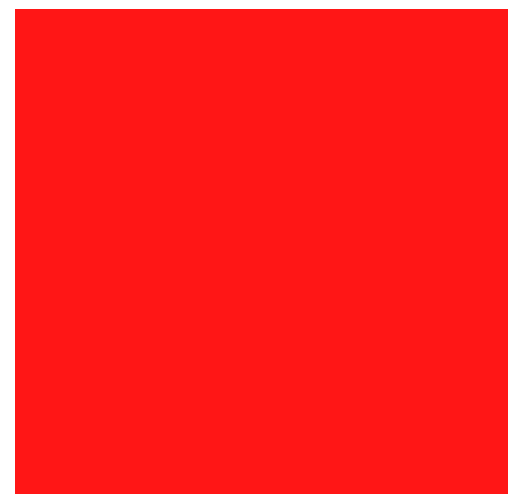
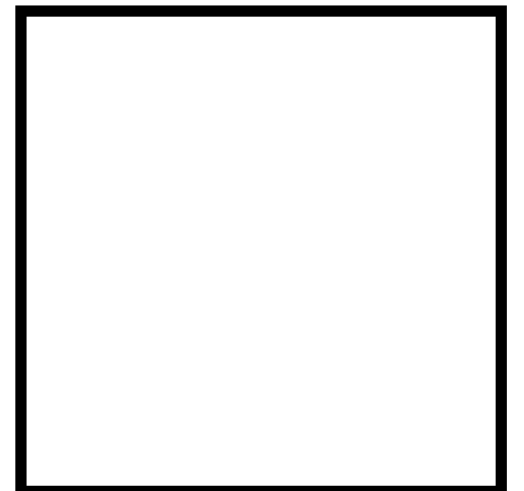
Carrot



Orange

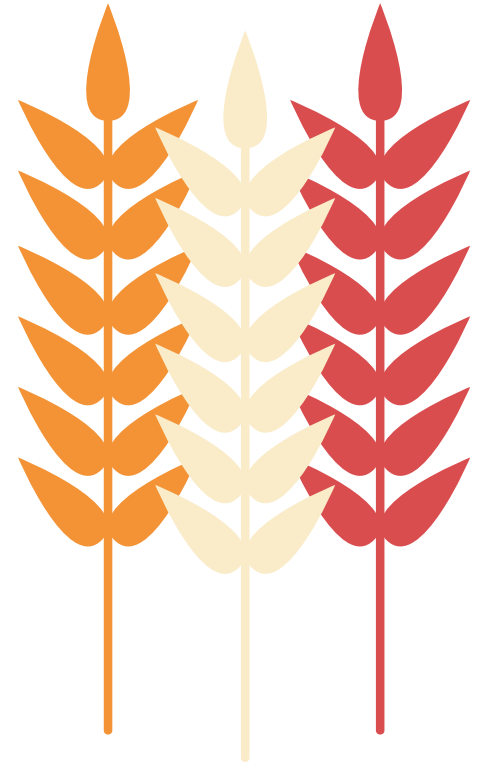
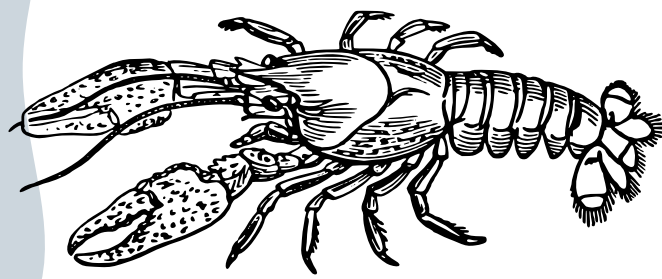


Cooked Ham



Why is it important that we know about Food Allergies?

Allergens can make people very ill and could kill them



It's our responsibility to make sure we know what's in the food we make

It's our responsibility to label our food so people don't become ill

